

Are you ready for a day away from the hubby, kids, work, or stress? Are you ready for a day to enjoy yourself?

Come to the 3rd annual West Virginia State *Women in the Outdoors* and West Virginia Division of Natural Resources *Becoming an Outdoors-Woman* wild and wonderful outdoor event.

The event is aimed at women ages 14 and older. Our program offers you the opportunity to learn outdoor activities with hands-on experience. Last year we had over 30 women participate in the event.

**Registration fee for event is as follows and includes:**

**\$40 (early bird fee prior to June 22)**

**\$45 (after June 22)**

- ◇ Choice of 4 expertly instructed classes
- ◇ Equipment and materials needed for use during classes
- ◇ Light Breakfast and Lunch
- ◇ 1-year subscription to the *Women in the Outdoors Magazine*
- ◇ 1-year membership to the National Wild Turkey Federation (or extension of current membership)

Tammy Mowry  
National Wild Turkey Federation  
288 Crisswell Road  
Butler, PA 16002



## ***Wild & Wonderful Women's Outdoor Event***



Photo credit: National Wild Turkey Federation

***July 22, 2006***

***8:00 a.m. -***

***6:30 p.m.***

***Kanawha State Forest  
Charleston, WV***



A partnership project of the WV State Chapter of the NWTf and the West Virginia Division of Natural Resources

## Class Descriptions

**Archery:** Learn about this fast growing sport. Do you want to learn backyard recreation, competitive target shooting, or maybe you want to go bow hunting? You will learn how to select equipment that fits you. There will be lots of hands-on instruction. Experience the thrill of hitting the target.

**Fishing:** This course will provide hands-on instruction from choosing equipment to landing the fish. Learn the fundamentals of rod and reel handling, casting, knot tying, and tackle. Equipment will be provided, but participants are encouraged to bring their own.

**Rifle Marksmanship:** Learn to shoot .22 rimfire rifles and the fundamentals of rifle marksmanship skills. Come join us for fun and action on the firing range!

**Talkin' Turkey:** You'll have an opportunity to learn about wild turkey and its habits. Learn calling techniques, equipment, camouflage and set-up techniques to improve your chances of seeing, photographing, and bagging one of these magnificent birds.

**Backyard Habitat:** Learn everything you need to know so you'll be able to attract wildlife to your home.

**Nature Journaling:** Have you wanted to record your observations and outdoor adventures? This class will introduce you to the art of journaling. Supplies will be provided; but if you have a journal you'd like to share, please bring it along.

**Camping:** Select proper equipment, learn basic tools, pitch tents, and build a fire. Explore quick and easy ways to cook outdoors.

**Outdoor Cooking:** Food always tastes better when cooked outdoors. Try a variety of methods, equipment, and recipes your stomach won't want to miss.

**First Aid:** A little rusty on your "ABC's" of first aid. Forget where the pressure points are? What's the difference between heat stroke and heat exhaustion and how do you treat each? What do you do if you encounter a venomous snake? This class will help to refresh your skills.

**Be Prepared (Outdoor Survival):** Gain the knowledge, skill, and attitude that surviving an outdoor emergency requires. This course will deal with the mental things that you need to know about survival as well as the physical aspects: food, water, fire, and shelter. You will also learn what to include in a survival pack to take with you when you venture into the wilderness. Have you ever built a fire without matches? In this class you'll learn how to!!

**Birding 101:** A must for beginner birders. Learn the basics of bird identification, field guide, and equipment selection. Bring your binoculars for the field session!

**Nature Walk:** This class will be a leisure walk with most emphasis on nature and nature awareness. Along your trip, nature watching techniques will be discussed and plants and animal identified. You are encouraged to bring your binoculars.

## Questions?

Tammy Mowry (Women in the Outdoors)  
(724) 284-9201, Email: Tammyntwf@zoominternet.net  
OR

Elizabeth Gallaher (Becoming An Outdoors-Woman)  
(304) 558-2771, Email: Elizabethgallaher@wvdnr.gov

## Send Checks and Registration to:

Tammy Mowry, 288 Crisswell Road, Butler, PA 16002

## Confirmation

Once your registration and payment have been received, confirmation and directions will be sent via email or postal mail.

## Cancellation Policy

In order to receive a full refund, you must cancel 7 days prior to the event. You may send a substitute.

## What to Bring

Note taking materials if you are so inclined and a water bottle.

Classes are outdoors and hands-on regardless of the weather. Lightweight hiking boots are recommended. Be sure to bring rain gear as workshops will proceed.

Your pocket book, you might just find something to buy on the raffles and silent auction.

**You will be able to participate in door prizes, various raffles, and a silent auction that will include various items such as wildlife prints, collector trunks, antler lamp, quilt, and more!**

**(Cash checks, and credit cards will be accepted the day of the event.)**

### **Workshop Schedule:**

|               |                  |
|---------------|------------------|
| 8:00 - 8:30   | Registration     |
| 8:30 - 8:45   | Welcome/Overview |
| 9:00 - 10:15  | Session 1        |
| 10:30 - 11:45 | Session 2        |
| 12:00 - 1:00  | Lunch            |
| 1:15 - 2:30   | Session 3        |
| 2:45 - 4:00   | Session 4        |
| 4:15 - 5:00   | Closing          |

## Participant Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_

Date of Birth \_\_\_\_\_

E-mail Address \_\_\_\_\_

**(confirmation will be sent via email when possible)**

New Member \_\_\_\_\_ Renewal \_\_\_\_\_

WITO Membership Number \_\_\_\_\_

Emergency Contact /Phone \_\_\_\_\_

**Course Offerings:** Please rank in order of preference, 1 through 8 with 1 being your first choice and 8 being your last. (We will do our best to place you in your top 4 choices).

|                          |                       |
|--------------------------|-----------------------|
| _____ Archery            | _____ Camping         |
| _____ Fishing            | _____ Outdoor Cooking |
| _____ Rifle Marksmanship | _____ First Aid       |
| _____ Talkin' Turkey     | _____ Be Prepared     |
| _____ Backyard Habitat   | _____ Birding 101     |
| _____ Nature Journaling  | _____ Nature Walk     |

**\*Participants 14-17 years old must have a parent/guardian sign the participant release for them.**

### **Payment Method:**

- \$ \_\_\_\_\_ REGISTRATION FEE  
Make check payable to: **WV State Chapter, NWTF**
- Charge my credit card number \_\_\_\_\_

Circle one: Visa M/C Discover

Exp. Date: \_\_\_\_\_

Card ID Number: \_\_\_\_\_

(The 3-digit number is located on the back of your card, usually at the top of the signature area)

Signature: \_\_\_\_\_

**(please bring your credit card along)**